



Full PEDS Ahead

An Initiative for Mary Free Bed 

Fiscal Year 2023 Impact Report



Hello Friends,

Collaboration is at the heart of what we do at Mary Free Bed. We believe that by working together, we can achieve more for our patients.

That's why we launched *Full Peds Ahead – An Initiative for Mary Free Bed Kids* five years ago. This initiative is focused on transforming rehabilitation for kids by providing them with access to the best possible care.

One of the ways we do this is by offering a wide range of outpatient services in our Autism, Cerebral Palsy, Chronic Pain, and Early Development rehabilitation programs. Our interdisciplinary teams work with each child and their family to create an individualized treatment plan that's right for them.

We also believe it's important to develop strong partnerships in the community. We're working with Helen DeVos Children's Hospital to build a dedicated, freestanding pediatric rehabilitation hospital. This new hospital will be the first of its kind in Michigan and only one of nine in the United States. It will allow us to provide even more kids with the care they need.

In the past year, we've served 6,650 kids through our rehabilitation system. Of those, more than 1,000 were part of *Full Peds Ahead*. We believe every child deserves access to quality services, and we're committed to making that happen. Last year, that included increasing our clinic space in Grand Rapids to meet the growing demand for autism evaluations and services. We're also looking at expanding our services in the Saginaw area. To better serve the children in our Early Development program, we've extended the program from a half day to a full day and a half, and we've made changes to deliver care more efficiently.

I want to thank you for your investment in *Full Peds Ahead*. Your support is helping us to change the lives of kids in our community. Because of you, children are able to reach their full potential and have brighter futures.

I'm deeply grateful for your unwavering dedication and generosity.

Warmly,

KENT 

Kent Riddle CEO
Mary Free Bed Rehabilitation Hospital



Autism Spectrum Disorder

Autism spectrum disorder (ASD) is a developmental condition that can include challenges with social skills, communication and behavior. Individuals may present with a wide range of abilities and challenges which supports the understanding that Autism occurs on a spectrum.

Recent increased Autism awareness has led to increased prevalence rates. The Centers for Disease Control and Prevention (CDC) estimates that one in 36 children has ASD. Boys are about four times more likely to be diagnosed than girls, and the condition occurs in all racial, ethnic and socioeconomic groups.

Research shows increased awareness, early diagnosis and intervention can lead to receiving access to individualized support and services sooner. Mary Free Bed specializes in diagnostic and intervention therapies for children with ASD, including Applied Behavioral Analysis (ABA) therapy. We provide this therapy in Grand Rapids as well as Bay City through our joint venture with Covenant HealthCare.

GOALS

At their six-month assessment, all ABA patients will have met at least 50% of their personalized goals.

- Establish and improve communication skills
- Develop appropriate social/relationship skills
- Build adaptive/self-help skills
- Establish alternatives to challenging or dangerous behavior

CHILDREN SERVED*



88 treated



10,844 visits



47,706 therapy hours

*ABA program

ACCOMPLISHMENTS

Fewer Barriers for More Patients.

In fiscal year 2023, we expanded our teams to help reduce barriers to care for and serve more patients.

We added a psychologist to conduct more Approved Autism Evaluation Centers (AAEC) assessments in Grand Rapids. We also welcomed an additional Registered Behavior Technician (RBT), allowing us to increase the number of service hours we can provide.

Growing our Teams, Tools & Technology.

With a brand-new SMART Board, we're providing even more dynamic, engaging learning activities and school readiness programs in Grand Rapids. In Saginaw, we enhanced our playground equipment to help foster more interactive and sensory play. We also purchased several appliances — including refrigerators and dishwashers — to support the needs of a growing number of patients.

We're serving more patients in Saginaw with 12 new RBTs. The team members received intensive training at the

Mary Free Bed at Covenant HealthCare Center for Autism and gained their RBT Certification.

A Feeding Clinic was implemented in Saginaw to help patients with food aversions. The program has been highly successful in helping patients and their families expand food selection and create a more balanced diet.

Community Collaboration.

Behavior analysts across locations have collaborated with speech therapists, occupational therapists, physical therapists, teachers, classroom paraprofessionals and special education instructors. Behavior analysts across locations have participated in Individualized Education Plan (IEP) meetings and advocated for the needs of learners within the school setting. The Saginaw team hosted community outings for families to teach skills and strategies helpful for their children in those environments. The Grand Rapids team hosted several Parent's Night Out events to give back to their families in the form of childcare after regular hours.



TREATMENT

Because Autism presents on a spectrum, each learner requires individualized care and specific goals that match their skills and challenges. Kids with ASD can have different ways of learning, moving or concentrating. Every treatment plan is unique to the patient's needs.

There are several different types of therapy that can be beneficial. Speech therapy can help improve communication skills, occupational therapy can teach daily activities, and physical therapy can improve movement and balance.

Plans of care also include applied behavior analysis (ABA) therapy which teaches kids meaningful skills that will support improved independence. ABA utilizes evidenced-based strategies that have proven to be effective and impactful. Frequency and duration of therapy is specific for each patient and can range from 20 to 40 hours each week over several years. .

FUTURE PLANS

Looking ahead, we're planning for continued growth. With increased ASD testing and AAEC evaluations, we'll be able to serve more patients across the state. We've also begun exploring the opportunity for a second location in the Great Lakes Bay Region.

THRIVE GALA: SOARING TO NEW HEIGHTS

Hosted by the Mary Free Bed Foundation, the 2023 Thrive Gala will support the Grand Rapids Center for Autism. We hope you'll join us for a memorable black-tie evening.

Saturday, October 28 | DeVos Place, Grand Rapids

To secure your sponsorship or purchase tickets, call 616.840.7425 or visit maryfreebed.com/thrive.

Cerebral Palsy and Early Development

Cerebral palsy (CP) is a group of conditions that affect movement and coordination. It happens because of damage to the brain before, during, or shortly after birth. It's not a progressive condition, which means that it does not get worse over time, but CP can be a lifelong disability. There's not a cure, but therapy can help people with CP live full and active lives.

EARLY DIAGNOSIS IN THE PROGRAM

CP is typically diagnosed after age 2, but research shows an earlier diagnosis and intervention helps to maximize the child's potential. Our specially-trained team evaluates infants for potential CP and other disabilities using the General Movement Assessment (GMA). This non-invasive, evidence-based assessment is used to identify atypical movement patterns, allowing for immediate intervention in our Early Development program.





GOALS

- All patients up to 12 weeks of age will have an individualized treatment plan based on GMA findings.
- Patients receiving ongoing therapy for CP will complete a Patient Specific Functional Scale (PSFS). This identifies three primary focus areas for treatment.
- 80% of patients will achieve a Minimal Clinically Important Difference (MCID) increase of at least two points. The MCID scale measures improvements that are noticeable and meaningful to the child and family.

CHILDREN SERVED



863 treated



3,822 visits



91 GMAs

ACCOMPLISHMENTS

Fewer Barriers for More Patients.

We changed the model of care delivery to improve efficiency, reduce cost and serve more patients. In the Early Development program, we've expanded clinic hours from a half day to a day and a half.

We've transitioned to shorter treatment sessions and increased the number of treatment slots available, allowing us to serve more children. In addition, it has improved children's tolerance for receiving multiple therapies in the same day.

Growing our Team.

Our CP therapy team grew to accommodate more patients and therapy hours. Therapists also furthered their education to provide enhanced, evidence-based therapeutic evaluation in different areas. Occupational therapists completed Advanced Hand Assessment certification, and physical therapists completed continuing education in gait analysis training.

Community Collaboration.

To help more children in Michigan gain access to the resources they need, we provided in-person and virtual educational webinars for *Early On* providers and school therapists. *Early On* is Michigan's system for helping families of infants and toddlers who have developmental delays and/or disabilities.

Because of philanthropic support, children received much needed treatments and care not covered by insurance.

FUTURE PLANS

As we continue to provide high-quality care, we're committed to investing in our teams and technology. We're making significant advancements in our proprietary General Movement Assessment (GMA) mobile app. The sophisticated technology will put early CP diagnosis capabilities in the palms of clinicians' hands.

We're also replacing outdated augmentative communication equipment to help patients with communication challenges speak, write and hear others more clearly.

LIVING LIFE TO THE FULLEST

At age 15, she's just begun her freshman year at Caledonia High School. Looking back, her summer was one for the books.

If you can keep up with her busy teenage schedule, you'll find Lorelei sailing, playing dodgeball, kayaking and ziplining. She's also an active equestrian. This marks her sixth year showing horses with Kent County 4-H.

Lorelei's active lifestyle is particularly notable because she uses a wheelchair. Born with cerebral palsy and scoliosis, she's been receiving therapy at Mary Free Bed since she was just 6 months old.

In 2019, Lorelei had surgery at Corewell Health Helen DeVos Children's Hospital to help improve her mobility and manage pain. She spent six weeks recovering in the Mary Free Bed Kids Pediatric Inpatient program.

Today, she's still continuing regular outpatient therapy and stays active in the Mary Free Bed Wheelchair and Adaptive Sports program.

"Lorelei wouldn't be where she is without Mary Free Bed," said her mom, Kaeta DeHoek. "Her team helps build a foundation in order for her to gain strength and do the extracurricular activities that she wants to do."



MEET LORALEI
maryfreebed.com/meetloralei



Chronic Pain

Chronic pain is a complex medical condition that can last for months or even years. It's different from acute pain, which typically goes away on its own. Chronic pain can have a significant impact on a child's physical and emotional well-being.

Data suggests about 30% of children and adolescents between the ages of 10 and 18 experience pain that lasts for three months or longer. It can prevent them from participating in activities they enjoy. It can also lead to social isolation, depression and anxiety.

The goal of the Chronic Pain program is to help children and adolescents manage their pain and regain their quality of life. Our team of specialists is dedicated to helping patients live pain-free lives using a variety of innovative treatments.

TREATMENT

Mary Free Bed's interdisciplinary pain rehabilitation specialists understand the complexities of chronic pain. They work with children and their families to create a customized treatment plan that addresses their individual needs. This can include physical therapy, occupational therapy and psychology. Through treatment, we help to:

- Lessen the interference of pain in daily activities.
- Increase physical functioning.
- Reduce anxiety regarding pain.
- Increase participation in sports, recreational and social activities.
- Develop adaptive approaches to dealing with pain.

CHILDREN SERVED

 90 treated

 1,380 visits



GOALS

- 80% of patients will achieve an increase of at least two points on the Patient Specific Functional Score (PSFS) — indicating improved, meaningful function.
- Patients will average a minimum 5-point reduction on the Functional Disability Index (FDI).
- Patients will average a minimum 3-point reduction on the Patient-Reported Outcomes Measurement Information System (PROMIS) depression and/or anxiety measures.

ACCOMPLISHMENTS

We expanded our team of Chronic Pain specialists, which is led by Dr. Douglas Henry. Last year, we welcomed a new physiatrist to Mary Free Bed Kids. Dr. Emily Gladstone joined us in January 2022 and primarily treats children in the outpatient setting. Dr. Marianne Mousigian, who joined the team in November 2021, continues to treat patients in both the inpatient and outpatient settings. We also welcomed a full-time pediatric physical therapist to the team, which allows us to offer full-time, dedicated pediatric physical and pediatric occupational therapy.

Mary Free Bed collaborates with experts at Corewell Health Helen DeVos Children's Hospital. We're continuously exploring ways our programs can work in tandem to provide kids in pain with the best possible care.

FUTURE PLANS

Psychology services are a vital component of treating chronic pain. Looking ahead, we are actively working to fill the pediatric psychologist vacancy, which will allow our teams to provide more comprehensive pain care. We'll continue to focus on collaboration between therapy and medical providers to offer care focused on pain management and improving function.

We will continue purchasing pediatric-specific patient education materials. While there are many similarities between treating adult and pediatric pain, age-appropriate education and treatment strategies are necessary. We're also investing in additional staff training and education to better serve patients.

As we continue to grow the program, we're also fine-tuning our data tracking. This helps us to better assess the effectiveness of our treatments and identify opportunities for improvement.

The Steve & Amy Van Andel Foundation provided a significant gift to further this work.

Mary Free Bed kids
Chronic Pain

Established by The Steve & Amy Van Andel Foundation

Mary Free Bed — along with its generous supporters — subsidizes the *Full Peds Ahead* effort at nearly \$1 million annually.

Thank you, we're grateful for your support.

Mary Free Bed
Rehabilitation Hospital Foundation

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